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ABSTRACT

This book offers a holistic examination of well-being across the life course by experts in psychology, sociology, child development, and medicine, and describes foundational strengths for well-being from infancy through adulthood. The chapters are: (1) "A Brief History of the Study of Well-Being in Children and Adults" (Kristin A. Moore and Corey L. M. Keyes); (2) "The Strength-Based Approach to Child Well-Being: Let's Begin with the End in Mind" (Elizabeth L. Pollard and Mark L. Rosenberg); (3) "Holistic Well-Being and the Developing Child" (Jonathan F. Zaff, D. Camille Smith, Martha F. Rogers, Caroline H. Leavitt, Tamara G. Halle, and Marc H. Bornstein); (4) "Good Nutrition--The Imperative for Positive Development" (Caroline H. Leavitt, Thomas F. Tonniges, and Martha F. Rogers); (5) "Preventive Health Care in Early Childhood and through the Life Span" (Thomas F. Tonniges and Caroline H. Leavitt); (6) "Physical Activity and Well-Being" (Jeanette M. Connet); (7) "Promotion of Safety, Security, and Well-Being" (David A. Sleet and James A. Mercy); (8) "Reproductive Health" (Jeanette M. Conner and James E. Dewey); (9) "Growing Up Drug Free: A Developmental Challenge" (Bruce G. Simons-Morton and Denise L. Haynie); (10) "Emotional Development and Well-Being" (Tamara G. Halle); (11) "Emotion Regulation from Infancy through Adolescence" (William G. Graziano and Renee M. Tobin); (12) "Coping as an Element of Developmental Well-Being" (Lisa J. Bridges); (13) "Autonomy as an Element of Developmental Well-Being" (Lisa J. Bridges); (14) "Trust, Attachment, and Relatedness" (Lisa J. Bridges); (15) "Parent-Child Relationships" (Martha J. Cox and Kristina S. M. Harter); (16) "Sibling Relationships" (Brenda L. Volling); (17) "Peer Relationships" (William M. Bukowski); (18) "Positive Development of the Self: Self-Concept, Self-Esteem, and Identity" (Jonathan F. Zaff and Elizabeth C. Hair); (19) "Prosocial Behavior, Empathy, and Sympathy" (Nancy Eisenberg);

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(20) "Information Processing and Memory" (Robert V. Kail); (21) "Curiosity, Exploration, and Novelty-Seeking" (Naomi Wentworth and Sam L. Witryol); (22) "Mastery Motivation and Goal Persistence in Young Children" (Kay Donahue Jennings and Laura J. Dietz); (23) "Thinking and Intelligence" (Robert S. Siegler); (24) "Problem-Solving as an Element of Developmental Well-Being" (D. Camille Smith); (25) "Language and Literacy" (Brian MacWhinney and Marc H. Bornstein); (26) "Educational Achievement" (Stephen B. Plank, and Douglas J. MacIver); (27) "Moral Development in Childhood" (Daniel Hart, Debra Burock, Bonita London, and Amanda Miraglia); (28) "Creativity and Talent" (Ellen Winner); (29) "Adolescence and Emerging Adulthood: The Critical Passage Ways to Adulthood" (Jacquelynne Eccles, Janice Templeton, Bonnie Barber, and Margaret Stone); (30) "Physical Health and Adult Well-Being" (Edward L. Schneider and Lucy Davidson); (31) "Social and Emotional Engagement in Adulthood" (Donald C. Reitzes); (32) "Cognitive Styles and Well-Being in Adulthood and Old Age" (Derek M. Isaacowitz and Martin E. P. Seligman); (33) "Dimensions of Well-Being and Mental Health in Adulthood" (Corey L. M. Keyes and Mary Beth Waterman); (34) "Child Well-Being: From Elements to Integrations" (Richard M. Lerner, Marc H. Bornstein, and D. Camille Smith); and (35) "Well-Being and the Future: Using Science Based Knowledge to Inform Practice and Policy" (Lucy Davidson, Mark L. Rosenberg, and Kristin A. Moore). (Each chapter contains references. (KB)

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